



***Inner* Insights**

A series about our mental health.

Sundays in September

Sunday, September 24, 2023

8:30 A.M. WORSHIP CELEBRATION

All Are Welcome

How can we support those who might be struggling with their mental health? How does our faith support us in supporting them? We'll ponder these questions together as we wrap up our mental health series, "Inner Insights," with a message about caring and supporting one another. Thank you for joining us for this important conversation.

STJOHNSBR.ORG | @STJOHNSBR

Whether you are a guest or member, we invite you to scan the QR code to register your attendance so we know you're here and we can get to know you better.



WELCOME TO ST. JOHN'S UNITED METHODIST CHURCH

OUR MISSION

We are a Christian community called to share our gifts through worship, witness and service so that others will know God and become disciples of Jesus Christ.

OUR VISION

Our church will be known as a center for feeding people spiritually and physically in our community.

OUR CORE VALUES

We believe the following guiding principles make us a fruitful and spiritually intentional church:

- Fellowship: A sense of family, hospitality, and belonging to an open, accepting, and nurturing community.
- Caring: Loving response to needs of all people through empathy and compassion.
- Mission: giving of ourselves to meet and serve the needs of all others by faithful witness through our actions, servanthood and way of living.
- Spiritual Growth: Studying, understanding and growing in the word of God by Christ-centered prayer, worship and service through discipleship in action.

OUR CONTACT INFO

230 Renee Drive | Baton Rouge, LA 70810

office@stjohnsbr.org | 225-766-4594 | stjohnsbr.org | @stjohnsbr

Office Hours: Monday thru Thursday 9 a.m. - 4 p.m., Friday 9 a.m. - noon



ST. JOHN'S
United Methodist Church

Glorifying God. Feeding People. Making Disciples.

GUEST INFORMATION

Welcome to worship! We are glad you've joined us and hope you feel at home here. Whoever you are, wherever you are on your faith journey, you are welcome. Our ushers are happy to assist you in anyway. If you are feeling cold, shawls are available in a basket in front of the media desk in the back of the sanctuary. Restrooms are in the Narthex.

You are invited to participate in any of our activities, and to become a part of this community of faith and love.

Thank you for being here.

HELPFUL HINTS FOR FAMILIES WITH CHILDREN

We fully welcome and love engaging children in worship! We include a special Children's Moment each Sunday.

- **The St. John's Prayground** is located in the front of the sanctuary. This is a place for children and their families to worship together, allowing children to more fully participate in the service. More details about the Prayground may be found on our website.
- A staffed **nursery** for infants through preschool is open every Sunday morning and is located next door in our Education/Administration building.
- **Changing tables** are located in the restrooms in the back of the sanctuary and in our nursery.
- Children are welcome to receive **Holy Communion**, which is served weekly at 8:30 a.m. and on the first Sunday of the month at 11 a.m. Our communion elements are bread and grape juice. Gluten-free elements are also available.
- **Sunday School** is offered for children starting at age 18 months through 12th grade from 9:45-10:45 a.m.

Any questions? Ushers are glad to assist you.

ST JOHN'S CLERGY AND STAFF

Rev. Lane Cotton Winn
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Brooklyn Hays
Nursery Worker

WELCOME to the CELEBRATION of the GOSPEL

**Please stand as you are comfortable.
Bold indicates congregational response.
You may scan the QR Code to register your attendance.*



TURNING INWARD

Prelude

Words of Welcome

Rev. Lane Cotton Winn

*Song of Praise

The Servant Song
The Faith We Sing Songbook 2222, vs. 1 - 4

*Call to Worship

Beth Forester

When our own words elude us, as people of faith, we have scripture to draw upon for guidance and grace. Join your voice with mine, as we recite words from Psalm 42, an ancient poem that interweaves feelings of depression, anxiety, faithfulness, and hope into holy words and prayer.

My soul thirsts for God,
for the living God.

**By day the Lord commands his steadfast love,
and at night his song is with me,
a prayer to the God of my life.**

Why are you cast down, O my soul,
and why are you disquieted within me?

**Hope in God; for I shall again praise him,
my help and my God.**

*Song of Response

Make Me a Servant
The Faith We Sing Songbook 2176

Ministry Moment

Flower Ministry

Deborah Cross-Young

FACING THE TRUTH

Children's Moment

Ben Hartman

Prayer for Illumination

Beth Forester

**O God,
Light the dark corners of our minds,
Warm the cold places in our hearts,
Fill the empty chambers of our spirits,
Heal the brokenness in our lives.
Amen.**

*Scripture Reading

Beth Forester and
Ben Hartman

Mark 5:1-20

For the word of God in scripture,
for the word of God among us,
for the word of God within us,
Thanks be to God.

The Message

Pastor Lane

"How to Show Up:
Caring for Others"

Pastoral Prayer

ACCEPTING GOD'S GRACE

*Hymn of Faith

They'll Know We Are Christians By Our Love
The Faith We Sing Songbook 2223, vs. 1 & 2

*Prayer of Confession

Pastor Lane

Trusting in God's grace and mercy,
in God's desire for wholeness and healing, let us turn inward through
confession and prayer, as we open our hearts, and souls, and minds
to the truth of our lives, and offer that truth to God.

**Gracious God,
forgive us when we have forgotten our call of loving,
caring, and serving.**

**Forgive us too, when we get your call
confused with our own —
when we have tried to be Saviors,
to take on the whole world's pain at once.**

**Give us the wisdom, Lord, to know what is ours to do, and
to do it with love, joy, peace, patience, kindness, goodness,
tenderness, gentleness, and self-control.**

Amen.

*Words of Grace and Forgiveness

Pastor Lane

Hear the Good News:

No valley is too despairing, broken, or deep for God to enter.

No fear, no chaos, no hopelessness is beyond the reach of the One whose breath gives us life.

Through Christ, forgiveness, love, and new life are always possible.

We are redeemed and remade by the Spirit of Life.

In our brokenness and in our wholeness we are God's beloved.

Thanks be to God. Amen.

*Sharing the Love and Peace of Christ

Offering Our Tithes and Gifts to God

Special Music by The Music Makers

Welcome to the Family of God!

This Is the Day

We appreciate your generosity.

Each gift enables us to be a blessing in our community.

*You may give online by scanning the QR Code
or navigate to stjohnsbr.org/give.*



*Doxology

Praise God, from whom all blessings flow;

praise God, all creatures here below:

Alleluia! Alleluia!

Praise God, the source of all our gifts!

Praise Jesus Christ, whose power uplifts!

Praise the Spirit, Holy Spirit!

Alleluia! Alleluia! Alleluia!

*Invitation to the Table

Pastor Lane

In communion we come to the table of a broken God.

A body, broken for us.

Blood, shed for us.

A voice, crying out in despair:

Why have you forsaken me?

We do not worship perfection.

We worship the broken Christ,

who invites us to this table

just as we are.

All are welcome here.

Everyone has a place at this table.

You are welcome.

I am welcome.

*The Great Thanksgiving

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

In the beginning, there was chaos
a nothingness, a void.
God touched that nothingness, stirred it up, and the world began:
stars and oceans and life bursting into being.

Then God created people
first one, then another, because it was not good to be alone.
We were made to be together.

But paradise slipped through our grasp,
and we began our long journey in exile.
But soon we found there was grace outside the garden, too.
God was still with us.

When we were enslaved in Egypt,
God freed us.

When we were lost in the desert,
God led us.

When we got disoriented, God gave us a law to follow.
When we were hungry,

God fed us.

When we turned on each other, God sent us prophets,
God's word on human lips, to call us back to each other.

And then—of all things—God came to us
as another person—Jesus of Nazareth,
God in a human body, with a brain like ours,
a heart like ours, hurts like ours, hopes like ours.

Jesus laughed and wept, got angry and forgave,
lived a deep faith and showed deep uncertainties,
loved the Lord his God with heart and strength and soul and mind,
loved us, his neighbors here on earth, just as fiercely.

Afraid and angry, we hung Jesus on the cross,
but God turned death's period into a semicolon,
and on the third day, Jesus rose from the grave
to pave the way for each of us to rise, too.

He bore the scars even on that Easter Day,
but he was alive, and still with us, for us.

And so we lift our broken alleluias
to the Lord of Life, our Risen Savior,
joining our voices with all the scarred and sacred saints
from every time and place,
who find their seat at this table.

**Alleluia, alleluia, alleluia,
alleluia, alleluia, alleluia,
alleluia, alleluia.**

*You may be seated as we recall Jesus' invitation to Holy Communion and
the pastor invokes the present work of the Holy Spirit.*

The Lord's Prayer

Sharing in Holy Communion

Special Music
Come, Kneel Down and Pray
by Betty Schroeder
vocalist Bryan Adams

Everyone is welcome to share in Holy Communion.

Communion will be served using the ancient means of “intinction” with only the pastor and servers touching the elements. The bread will be dipped in the grape juice and handed to you. Or, if you prefer, you may receive pre-packaged elements.

A gluten-free option is also available.

You are invited to stay at the chancel for prayer as long as you desire.

If you are a person with limited mobility, please let an usher know and someone will gladly bring communion to you.

Prayer After Receiving

Connor Dean

Lord, we broke the bread and poured the cup out to remember you.

We came to your table, where you call us friends.

As we leave this table, give our forgetful minds these truths to hold onto.

Help us remember we are not alone in our brokenness.

Help us remember we are not alone in our healing.

Help us remember we are not alone on our journey.

You walk with us.

Thank you, thank you, thank you.

Amen.

FACING OUTWARD

Call to Action

We joyfully welcome all those who wish to become members of St. John's and invite you to come forward during the singing of the closing hymn.

*Hymn of Discipleship

Blest Be the Tie That Binds

The United Methodist Hymnal 557, vs. 1, 3, & 4

*Benediction

May the grace that says “you are not alone” encourage you.

May the mercy that says “you are enough” comfort you.

May the love that says “you are loved” embrace you this day
and every day.

Amen.

*Postlude

*The end of worship.
The beginning of service.*

WORSHIP NOTES

FLOWERS ON THE ALTAR

The flowers on the altar are given by Lenni and Ted Stickles in celebration of their 10th anniversary. Happy anniversary, Lenni and Ted!

USHERS

Ushers for today's worship service are Donnie and Susan Lambert.

COFFEE TIME

After the 8:30 service, everyone is invited to the Family Life Center for coffee and refreshments.

After the 8:30 service we offer snacks for children and youth in our newly opened "Upstairs Café" in Room 202 of the Admin Building. Read more about it in the Children & Youth Ministries announcements.

PRAYER FOR ILLUMINATION

Our Prayer for Illumination was written by Rev. John Winn (*For All Seasons*, 2011).

SEPTEMBER WORSHIP SERIES - INNER INSIGHTS

Today we conclude our worship series, "Inner Insights: A Series About Our Mental Health." Scripture calls us to love God with all our heart, with all our soul, with all our strength, and with all our mind. Caring for our minds, therefore, is a spiritual practice. Our mental health matters to God and is part of caring for our whole selves. To accompany our series, we have compiled some **mental health resources**, developed with the support and guidance of the mental health professionals within our community, which you can find at stjohnsbr.org/mental-health-resources. We also have a number of brochures and handouts available for you to take, located in the Narthex and the church office.

Announcements

UPCOMING MEETINGS

Church Council

The Church Council will meet **Tuesday, September 26, 6:30 p.m.** in the Library. At this meeting the paperwork for the Charge Conference will be approved and the proposed 2024 budget will be reviewed.

Save the Date

St. John's is being asked to host one of two Baton Rouge District Charge Conferences on **Sunday, October 15, 6:30 p.m. in the Sanctuary**. At the upcoming Church Council meeting we will discuss ways we can serve and host.

Servanthood

GROCERY BAG SUNDAY

Don't forget to pick up a yellow bag and bring it back **October 1, Grocery Bag Sunday** with food items to help stock the shelves of The Shepherd's Market. The truck that came from the Food Bank on Friday was low on all items. But items that are REALLY needed are: canned vegetables, cereal, pasta, snacks, and drinks. Thanks for all you do to help.

SAFE SANCTUARIES TRAINING

Safe Sanctuaries training is scheduled for **Wednesday, October 4 at 6 p.m.** in the Parlor. All Children and Youth Sunday School teachers, parents who help volunteer with those programs, as well as our nursery workers need to attend this training annually. Please confirm your attendance with Connor (225-766-4594 or connordean@stjohnsbr.org).

ST MARK'S MISSION

St John's will return to St. Mark's UMC in New Orleans to provide a meal on **Sunday, October 8**. We will need about eight volunteers to help prepare and serve the meal after the 10 a.m. service there. Our team will leave the parking lot of St John's on October 8 at 7:30 a.m. Two vehicles will be needed to provide transportation for the team and for the meal supplies. Please let Larry Norman know if you will be among the volunteers and/or can provide one of the vehicles. You may text or call Larry at 225-933-1881.

FALL FEST 2023

St. John's is hosting a Fall Fest for families in our community on **Sunday, October 22 from 4 - 6 p.m.** -- and we need your help! Fall Fest will be a community celebration involving activity stations, a trunk-or-treat, food, and an inflatable slide. We are so excited for this opportunity to engage more families in our area, but we need donations and volunteers to make sure Fall Fest runs smoothly.

If you would like to [sign up for trunk-or-treat or an activity station](#), please visit stjohnsbr.org/fall-fest-volunteers. If you would like to donate items for Fall Fest, [we are requesting nut-free, individually-wrapped candy and small prizes for games](#). You can find more specific donation requests on our [Amazon wish list](#) at stjohnsbr.org/fall-fest-wishlist. Thank you for supporting our family ministry events at St. John's!"

SERVE ON THE FLOWER MINISTRY TEAM

Did you know that the flowers adorning our altar on Sunday mornings are transformed into bouquets that we share with those unable to enjoy them in person – our members who are home-centered, facility-bound, ill, hospitalized, suffering a loss, or are otherwise in need of a bit of cheer? We are seeking some servants for our flower ministry team. No prior floral arranging experience is required to serve. Team members serve on a rotating basis for a couple of hours a month. If you are interested in serving with the Flower Ministry Team, please contact Harriet Walters via text 225-620-5777 or email harriet.walters@att.net.

Fellowship & Spiritual Growth

VOLLEYBALL NIGHT

We will meet in the Family Life Center to play volleyball on **Wednesday, September 27 from 6 - 7:30 p.m.** Participants of all ages are welcome. We will be playing with a regulation-height net, however, so younger children (under the age of 10) may have difficulty. Light snacks and drinks will be provided.

LIFE TRANSITIONS

Join us for our new “Learning in Community” series where we are fed, inspired, and grow - as members and friends of St. John’s UMC lead us in occasional workshops based on a variety of topics.

Our first “Learning in Community” workshop is called Life Transitions and will be led by Jami Prince on **Saturday, October 7 from 9:00 a.m. - Noon** in the Family Life Center. Throughout life, we experience a number of changes and transitions. Join us as we explore a model for understanding change and ways to help make the most of these changes, as they invite us to grow as individuals and in our faith. If you are anticipating an upcoming change in your life, if you are in the midst of change, or if you are trying to make sense of a change that has already occurred in your life, you will find something helpful in this workshop. The session is based on the book *Transitions: Making Sense of Life’s Changes* by William Bridges. You do not need to read the book to attend, although it is available online. Please bring a notebook or journal for personal use.

Participants are asked to give a \$5 love offering. To make a gift online, please visit stjohnsbr.org/give. Select the “Other” Fund and the “Learning in the Community” series Sub Fund. Please register by October 4: stjohnsbr.org/life-transitions.

WORSHIP

WORLD COMMUNION SUNDAY

Sunday, October 1 is World Communion Sunday. We will Celebrate our oneness in Christ with our Christian siblings around the world at both services.

PARLOR RENAMING AND DEDICATION

For 60 years, the Founders Sunday School class gathered in the church’s parlor for study and fellowship each Sunday morning. Among the class members were some of the founding and charter members of St. John’s. They have been pillars of our congregation for generations. Most of the class members have joined the communion of saints or are no longer able to attend. In honor of their legacy, the Board of Trustees has voted to rename the parlor the Founder’s Parlor. We will hold a brief Dedication and Renaming Ceremony on **Sunday, October 1 at 9:50 a.m.** We invite those who have been part of The Founder’s Sunday School class and their friends to join us for a five minute dedication and celebration in the newly named Founder’s Parlor.

“CALL TO COMMUNITY” 2024 STEWARDSHIP CAMPAIGN AND WORSHIP SERIES

Join us October 8 as we launch our 2024 Stewardship Campaign with a new worship series titled, “Called to Community,” in which we affirm the ways that we, here at St. John’s, are making a difference in our community and explore how God is calling us to invest even further in this place we call home. The prophet Jeremiah reminds us that when our prayers and service enable our community to thrive, we, as a church, will thrive, too.

This Week at St. John's

Sunday, September 24

- 8:00 a.m. Praise Team Warm Up, Sanctuary
- 8:30 a.m. Worship Service, Sanctuary
- 9:30 a.m. Coffee Time, FLC*
- 9:30 a.m. Upstairs Cafe, Rm 202
- 9:45 a.m. Discover St. John's!, Pastor's Office
- 9:45 a.m. Sunday School, Campus Wide
- 11:00 a.m. Worship Service, Sanctuary
- 4:00 p.m. C.H.A.O.S., Highland Rd. Park
- 6:00 p.m. Bells Practice, Bells Room

Monday, September 25

- 7:00 a.m. Early Risers Exercisers, FLC
- 9:00 a.m. Ladies' Covenant Group, Parlor
- 10:00 a.m. Immersion Bible Study, Library
- 3:00 p.m. Men's Covenant Group, Library
- 3:30 p.m. The Shepherd's Market, FLC
- 4:30 p.m. Ladies' Covenant Group, Parlor
- 6:30 p.m. AA Meeting, FLC-E

Tuesday, September 26

- 8:00 a.m. The Shepherd's Market, FLC
- 2:00 p.m. GriefShare Support Program, Parlor
- 6:00 p.m. Immersion Bible Study, Parlor
- 6:30 p.m. Church Council, Library
- 6:30 p.m. AA Meeting, FLC-E

Wednesday, September 27

- 7:00 a.m. Early Risers Exercisers, FLC
- 6:00 p.m. Volleyball Night, FLC
- 6:30 p.m. Choir Practice, Choir Room
- 6:30 p.m. Women's AA Meeting, FLC-C

Thursday, September 28

- 8:00 a.m. The Shepherd's Market, FLC

Friday, September 29

- 6:30 a.m. Men's Prayer Group, Parlor
- 7:00 a.m. Early Risers Exercisers, FLC

Saturday, September 30

- 12:00 p.m. AA Meeting, FLC-C
- 8:00 p.m. AA Meeting, FLC

*Family Life Center

Children & Youth Ministries

FALL DISCIPLESHIP SERIES - C.H.A.O.S.

Our fall discipleship series for children & families is called C.H.A.O.S., which is an acronym that stands for...

Christ Here And Other Spaces

SUNDAY MORNING CAFE TIME AND SUNDAY SCHOOL

9:30-9:50 Cafe time for youth & children (K-12th) in Room 202

9:50-10:50 Children's & Youth Sunday School time

YOUTH GROUP SCHEDULE

In addition to our Sunday School times, the St. John's youth group (6th-12th grades) meets for Bible study on 1st and 3rd Sundays, 4-6 pm, and for fellowship activities on 2nd and 4th Wednesdays, 6-8 pm. Dinner is provided on Wednesday nights.

DISCOVER ST. JOHN'S

Today | 9:45 a.m. - 10:45 a.m.
in Pastor Lane's Office
Refreshments will be served.



New and long-term visitors are invited to learn more about St. John's, our ministries, ask questions and get to know one another.